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SERIOUS and FRIENDLY
ADDRESS
TO THE
PUBLIC,

On the dangerous Consequences of neglecting
Common COUGHS and COLDS

So frequent in this Climate;

CONTAINING,

A Simple, Efficacious, and Domestic Method of
CURE.

Necessary for all FAMILIES.

By a GENTLEMAN of the FACULTY.

*"The slightest Catarrhal Defluxion, or Cough, ought not to be
neglected, if it does not go off in a few days."*

DR. FOTHERGILL.

L O N D O N:

Printed for J. MURRAY, No. 32, Fleet-Street, and Messrs.
SHEPHERDSON and REYNOLDS, Oxford-Street.

M DCC LXXXIII.

[Price One Shilling and Six-pence.]

A D D R E S S

TO THE

P U B L I C

On the dangerous Consequences of Neglecting

Common Coughs and Colds

So frequent in this Climate;

A simple and Domestic Method of



Prescribed for all Families.

By a GENTLEMAN of the FACULTY.

"This highly Celebrated Definition of Cough, &c. is not to be
neglected, if it does not cure, it is a warning."
Dr. FOTHERGILL.

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T H E

P R E F A C E.

IT is unnecessary to inform the Public, of the numbers of persons of both sexes, that are afflicted every Winter, with most dreadful colds, coughs, and consumptive complaints, in this great metropolis, and every large town in this kingdom, from the neglecting of slight colds in their early state. But common as this case is, the truth of which most men acknowledge; is it not strange that it should not be striking enough to enforce a stricter attention to it, than is paid in common? For its consequences are not less (to speak within compass) than an annual loss, of twenty thousand persons, in the island of Great Britain; besides
the

the numbers, who suffer long and painful illnesses, from rheumatisms, pleurifies, gunseys, &c. arising from the same neglect, and afterwards recover

Physicians, from the earliest date, have cautioned the public against letting colds gain ground upon them; but as few read their writings, except those who make physic their profession, and as the world often suspects, that what comes from them must be interesting to themselves only, I do not wonder that this caution is not always regarded. It has always been difficult to persuade men, of their true interests, or we should not have found *Inoculation* so slow, in advancing to the confidence we now see it with the people; but through the means of the learned and judicious Baron Dymisdale, it is become familiar and safe, and a great friend to health and beauty. The *Humane Society*, through the indefatigable zeal of Dr. *Hawes*, becomes also daily more and more conspicuously useful, in restoring
numerous

numerous members to the state; notwithstanding, the many prejudices which long prevailed against it. Facts sooner, or later, will support themselves, though we have shewn above, that they are sometimes slow; we therefore hope, that the object of the present trifle will be attended to in the course of time, and the more especially, when it shall appear, to have been undertaken, the very opposite to interested motives! For were the enclosed hints strictly pursued, the author would have very little business, and half his brethren of the faculty, must then be obliged to seek some other means, of earning a livelihood.

Two very sensible writers, Tissot and Buchan, have addressed themselves to the public in general on the subject of medicine, and many excellent directions they have given respecting the management of colds, and other diseases; but on this subject, they have not entered so fully as we think the disorders required; and in

others they have not confined themselves within such limits, as to be of use, without injury: Hence this little tract may not, perhaps, be without its use, as a companion to their celebrated works; for beyond a common cold, or a slight fever, persons are not competent to direct for themselves.

It requires an arrangement, and comparison, of the several constitutions, and symptoms, together with a number of other minutia, which are not to be acquired, but by experience, and a knowledge of the animal œconomy, and with which, very few, but medical men, are acquainted.

The works just now alluded to, are more calculated to inform young practitioners in medicine, and men of letters, than for the people in general, who have not an opportunity to study the leading characters which are to distinguish one disease from another; for this is often attended

attended with difficulty, and mistakes are sometimes made, even, by men eminent in the profession. It is well known, that physicians never prescribe for themselves. The embarrassment of mind, and a number of deceitful symptoms, that attend the sick, must for ever render it impracticable for him, to be a competent judge of his own disease; and the several changes and complications to which it is liable, serve still to encrease the difficulty. How then, shall the many ignorant persons, to whom the above-mentioned books are left open to, wherein many very potent medicines are recommended, be thought equal to the task of prescribing, either for themselves, or for their neighbours; whom they cease not, on all occasions, from urging to take Dr. James's Powder, or any other favourite medicine, let the complaint be ever so different from what they conceived? Certainly, the application of such powerful medicines, requires the most judicious, medical ability and experience.

Now

Now, to such as have a propensity to prescribe for the sick, without being very well acquainted with the nature of the disease, and the full powers of medicine they apply, (except upon emergency, and where other advice is not readily to be had) we would most earnestly recommend to read the *sixth commandment*, and reflect, that by administering violent medicines, much hazard is run, and many melancholy disasters have happened. We believe it to be well intended, but cannot imagine it not to be wicked. The number of errors which perpetually are made, none but medical men can conceive.

The intention of the present sheets, is to convince the public, of the danger of depending too much upon that fatal expectation of colds going off spontaneously: of trifling with little complaints; and of trusting to such means as are not likely to remove them.

We

We have also directed such a method as, if applied to early enough, probably will save the expence and trouble of other means, but if neglected beyond a certain time, both health and life itself, are endangered by it, and a number of nauseous medicines, which might have been avoided, will then be found necessary.

It is a serious and melancholy truth, that if you are sent for to a patient ill of a violent cold, and cough, attended with a fever, he can only be persuaded to have something to ease the cough; not considering, that except the cause be removed, the effect cannot. The author is now attending a patient, who is in a most dangerous situation, from neglecting a trifling cold at first; and should he die, will leave a wife, and four or five children in the greatest distress. And, alas! do we not see too many amiable wives, and lovely children, involved in this dreadful calamity, by the like neglect?

If

If a cold comes on with any violence, apply the means here recommended for three or four days ; if the patient does not get materially worse before, or the complaint abate in that time, send for the best assistance in your power ; if you are not able to send for a physician, let it be an apothecary of a humane, and tender disposition ; and one, who studies more to remove the complaint, than how he shall load you with a number of phials.

A man of the above principles, will not unnecessarily load you with nauseous drugs, nor will he add to the calamities of the poor tradesman, by extravagant charges, which is too often the rapacious practice of the profession.

To this will be said, ought not every man to live by his business ; we fairly admit it, and most certainly expect to do so ourselves. To the sharks of the profession we allude, and not to the honest, candid, humane

humane practitioner, who feels for others' ills, and others circumstances.

We have made too very long quotations, which most feelingly illustrate, and confirm our opinions, and which we think cannot be too commonly known. The one was written by the celebrated Dr. Huxham, of Plymouth; and the other by the late Dr. Fothergill; and the reason why we have given them so long and full, is, such persons as this little work is designed for, have not a medical library to consult, and it would be needless to recommend them by their titles only.

The author has much occasion for indulgence from his critical readers, to look over many imperfections which they may find; as his professional avocations, will not permit him to attend much to correctness, in writing, and he hopes that the object of the present work, will fully clear him of any other vanity, than that of desiring to be useful to his fellow creatures.

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The author of the first work is a
gentle man, and his work is a
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book, and his profession is a
not a man, and he is a man to consult
and, and his work is a
object of the first work, with full
and of any other work, and the other
being to be a full and full work.

A

SERIOUS AND FRIENDLY
ADDRESS, &c.

A COLD arises from the effect of cold, or moist air, applied to the surface of the body and lungs, from going too thinly clad, or exposing the body to cold air, after having been heated by exercise; or, when the pores are opened from drinking warm liquors.

Some persons will bear every possible change without much injury, whilst others cannot take the least liberty with themselves without suffering most severely. Therefore, every man should know enough of his own constitution, to regulate himself, as, indeed, he, in this respect, may, if he will but give himself the trouble to think, and from hence,

B

whatever

whatever experience has taught him as improper, or as disagreeing with him, he should most carefully avoid.

Almost every body knows the symptoms of a cold, or what are the common sensations, or effects, of what is called, *the having a Cold*; but as these begin on some, more violent than in others, we shall give the common symptoms as they generally arise.

A Cold then, is a sense of chillness on the skin, attended with a lassitude or weariness, and slight shivers at times, with a slight headach, and flying pains in the limbs, a stuffing of the nose, frequent sneezing, and a running of a clear limpid water from the eyes, and the nose, with, or without, a dry tickling cough, or hoarseness. Sometimes the sneezing, stuffing of the nose, or cough, give the first intelligence of its approach, and sometimes it is preceded by some of the other symptoms. These, as they are found to come on with more or less violence, permit the patient to continue in his usual employment, or pleasure, until they get so far encreased, or have laid such hold on the constitution, as to oblige him to desist, unless nature, by some happy effort, restores the obstructed vessels to their proper

proper offices, and cause the several fluids to be circulated through the proper tubes. If the patient is not relieved this way, Fevers, Rheumatism, Inflammation of the Lungs, or some other part, must ensue. Colicks, Sore Throats, &c. are daily brought on by colds.

As coughs are the most common and violent effects of cold, and so commonly disregarded, and as these are the most insidious attendants, and capable of bringing on the most serious complaints, we cannot too strongly enforce a proper sense of the danger that attends them. Inflammation in the lungs is excited, by the perpetual action which is given to the chest by coughing; and great injury is done to the fine membrane, which lines, or covers, the passage to the lungs, and the whole cavity of the chest, as well as the lungs themselves, from the same cause. The least inflammation happening to the pleura, or lungs, is very much to be feared, may pave the road to consumption and death; and we will hazard our reputation, if three parts of the consumptions, which happen, do not take their rise from these commonly neglected trifling coughs, as they are but too commonly called; exciting inflammation, &c.

It is not unusual for a patient to tell you, that he ails nothing, except having a cough; when, in fact, his pulse is full, quick, and hard; his tongue coated with a thick white fur; and he makes thick muddy water, or such as is very high coloured; he has cold chills running down his back, soreness in the chest, and on the muscles of the belly, besides other symptoms of fever; but he will insist he has not the least fever, and that the cough is the cause of all these symptoms, if he happens to be informed of them; but it sometimes happens, that all these are disregarded, till he is obliged to take to his bed; for he persuades himself he cannot be feverish, because he feels himself cold; and, to remove which coldness, he continues to drink warm cordials, or hot spicy drinks; and, because he has no appetite, he eats rich relishing things, as he thinks to give him one, and to keep him from being starved; all of which have a full tendency to encourage, or create, inflammation, and would be the direct means to employ for that purpose, to an enemy, were one disposed so to do.

By these improper things, a trifling cold, in the first instance, is increased, and a fever and inflammation is caused; and especially if the person

person is full of blood, and been used to *live* what is called *well*. The many varieties of the symptoms, and danger attending them, depend greatly upon the age, strength, and constitution of the patient, and the manner in which he has lived; for a person who has been accustomed to eat hearty suppers of gross animal food, and drink strong, viscid liquors, may be cut off in the course of a few days; while a thin, spare, or more delicate person, will linger many months, in consequence of having fewer materials in the habit for violent inflammation. The late Sir John Pringle, a distinguished ornament of his profession, says—"Diseases, arising from cold, are all of the inflammatory kind, viz. coughs, pleurifies, peripneumonies, rheumatic-pains, and the like, together with consumptions, which, in the army, are almost always owing to neglected colds."—And we are well assured, that it is so in the cities of London, and Westminster. In confirmation of which, permit me to lay before my readers, part of a valuable paper, written by the late Dr. Fothergill, upon this subject.

"The most trifling cold or cough, says he, if it continues, may either advance gradually, till it ends in immediate mischief, or may leave

“leave such impressions as may subject the
 “patient to frequent returns : a cough, there-
 “fore in children, or young persons, or in
 “persons of a certain make at any time of life,
 “ought speedily to be cured.”

The way in which Colds do injury to the lungs and other parts, and so lay a foundation for future mischief, is, by the action of cold upon the *very* fine vessels, which occasion obstruction, and a little degree of inflammation, but not violent enough, at present, to be very observable ; but such a degree of tenderness is left on the part affected, that often establishes an habitual cough, which is rendered more troublesome and dangerous by every additional cold ; and which, sooner or later, causes the death of the patient, unless that care is taken which we wish to point out, as necessary to prevent it. It is observed by Dr. Fothergill, that a cough, in persons of a *certain make*, should speedily be cured, and for this reason ; such as are tall and thin, with long necks, flat chests, and with shoulders sticking out like wings, and otherwise of a delicate texture, are the most common victims to consumptions, and are what he means by a *certain make* : and, for the generality, those who
 are

are said to be born of consumptive parents, or those who often, indeed, die of what is termed hereditary consumption, mostly answer this description, and are of this *certain make*, just now alluded to, and which is found to run thro' whole families. To such persons we cannot but recommend the greatest care, as colds on them commit the greatest ravages, and are always very susceptible of the least impression. It requires, we very well know, more persuasion than we are masters of, to lessen this common, but fatal, inattention : but, lest we should be suspected of having represented danger in too high a degree, and of having given an opinion not well founded, we shall give a continuance of that excellent paper of Dr. Fothergill's, wherein he so feelingly expresses the distressing situation to which neglect subjects the human constitution, that any who ever read it, we hope, will always bear it strong enough in their minds, to make them carefully avoid every tendency to such neglect.

“ I know, gentlemen* (says Dr. Fothergill)
 “ that you (addressing himself to a Society of

* See Medical Observations and Inquiries, vol. iv.

Physicians)

Physicians) as well as myself, often have
 " occasion to look back at the fatal neglect,
 " committed both by the sick themselves, as
 " well as those who ought to have had their
 " future health more at heart. With what ease
 " would many of the most incurable consumptive
 " cases have been prevented, or cured, at their
 " first commencement? A person whose
 " emaciated figure strikes one with horror, his
 " forehead covered with drops of sweat, his
 " cheeks painted with a livid crimson, his eyes
 " sunk, all the little fat that raised them in
 " their orbits, and every where else, being wast-
 " ed; his pulse quick, and tremulous, his nails
 " bending over the ends of his fingers; the
 " palms of his hands as dry as they are pain-
 " fully hot to the touch; his breath offensive,
 " quick, and laborious; his cough incessant,
 " scarce allowing him time to tell you, that
 " some months ago, he got a cold; but,
 " perhaps, he knew not how he got it, he
 " neglected it for this very reason, and neglected
 " every means of assistance, till the mischief was
 " become incurable, and scarcely left a hope of
 " palliation. You see multitudes of such objects
 " daily, and see them with a mixture of anger
 " and compassion, for their neglect and their
 " sufferings. Excuse me for trespassing in this
 " manner

troublesome, more medicines are employed to palliate, than to remove, the cause of the complaint.

We have clearly proved the great danger that arises from neglecting coughs and colds; we shall next advise a plain and simple method of cure, and which is in every one's power to make use of; if they begin very violent, or continue long, trust not too much to your own advice, but seek the best you can. If you are poor, there are numbers of Hospitals, Dispensaries, &c. in the metropolis, always ready to give the best directions; and, if in better circumstances, it will be found a folly to put it off.

As some of my readers may wish to know how cold air proves injurious to the constitution, and as it may furnish an additional caution for them to avoid exposing themselves more than is necessary, particularly those persons who have tender lungs, we shall give the manner as plain as possible.

The human body is furnished with an innumerable set of very minute vessels, which open their mouths, or beginnings, on the external part of the skin, all over the frame;
and

and these communicate with every part of the body internally: these vessels are what are called the pores; they carry a moisture out of the constitution, called insensible perspiration, and the sweat, which is sensible; the insensible perspiration is constantly and invisibly exhaling from every constitution in health in very large quantities, even to the amount of five or six pounds, every twelve hours, in adult persons. The lungs are furnished with a very great quantity of it, which is very visibly seen on glass, or in a chaise, and which is thrown out by every respiration; every part of the chaise being equally moist at the same time, though the glass only points it out.

Cold and damp air has the peculiar property of causing a spasm, or some other means of acting upon the vessels, or nerves, surrounding them, so as to close up their mouths, and prevent the natural and necessary discharge of perspiration, sometimes over the whole body, and sometimes but in parts; and wherever this happens, the evil is presently felt by the patient. If it is only in one particular part, as in a fore throat, stiff-neck, inflamed eye, or pains in any one particular place, it is termed local, and does not always affect the health; but if it happens in a

larger degree, the health becomes injured from sympathy, or consent of parts, if not from general disorder. If much of the insensible perspiration is thrown into the habit, or, in other words, if much of the skin is obstructed, so as not to have a proper circulation, cold chills, and a sense of cold water being poured down the back, and loins, is presently felt; pain in the limbs, slight headach, and a kind of lassitude, or weariness, comes on, and is succeeded by fever, more or less.

As the lungs, and passage to them, are most exposed to cold, moist, or noxious air, they, the most frequently, receive the first impression; then the cough is the harbinger of the effect, and inflammation either arise from the spasm on the part, in the first instance, or from the degree of agitation which is given to the chest, by the act of coughing. We see one remarkable effect of confined perspiration in colds in the eyes, nose, and throat, of the serum or lymph which is discharged, of contracting such a degree of sharpness and acrimony, as to scald the parts it comes in contact with; it is this which irritates the upper part of the wind pipe, and causes the perpetual coughing; and, perhaps, it is this kind of irritability, which may

be the internal cause of fevers in general. And from hence it appears, why colds sometimes are easily cured, having more or less of this acrimony, and why they become so dangerous, sometimes, from trifling neglect, or after having indulged in drinking heating spirituous liquors, &c. and from hence the absurdity of the adage of "*feeding a cold, whatever justice there may be in starving a fever,*" clearly appears.

THE

T H E

CURE of COLDS, COUGHS,

&c. &c.

IN curing colds, three things are essentially necessary ; to open the obstructed pores, to discharge any irritable matter out of the constitution, and to observe such a kind of diet, as shall consist of a mild and innocent nature, and such as is calculated to prevent fever, and inflammation, and at the same time be conducive to recovery.

As soon as a cold, or cough, is found to come upon a person, he should immediately lessen the quantity of his food ; it should consist of suppers moderately warm, especially at night, such as small broths, water gruel, and the like ; the solids should be rice, sago, light puddings, fruits and vegetables ; the drinks should be barley-water, small beer, apple-water, lin-feed-tea, toast and water, or any other cooling liquid, that is void of irritable, or heating qualities

A friend

A friend of the author's, as soon as he finds a cold come upon him (and he is very much exposed to the inclemency of the weather, from the nature of his business) confines himself entirely to this kind of plan, particularly to water gruel, sweetened with honey, and which never fails to carry it off in a few days; he never is kept close to his house, but by attending to it early, prevents mischief, which would otherwise ensue; and most simple fevers, as well as colds, might be removed by such early attention and prudent care.

Perhaps it will be asked, is a man, with every trifling cold or cough, to lay himself up, and keep his house or bed? if so, he may be always nursing and codling himself, neglect his business, and other important concerns. To which I reply, there is a medium to be observed in every thing; the time for confinement to the house must always depend upon the state of the disease, neither is it always necessary to be confined at home for a cold; but suppose I really thought it, no prudent man, when he comes to consider seriously, that he stakes his health, and, perhaps, his life, to a day or two's confinement at home, or retrenching himself from rich food, wine, or heating things, will think

think much of the penalty to prevent it ; for to enjoy good health, is the most important concern of human life ; riches, honour, and power, are burdens without it ; therefore every prudent means of obtaining it, is an indisputable duty implanted in our nature ; and nothing more contributes to that end, than attending early to slight colds, in order that they may not prove the source of greater mischief. If, on approaching the cold air, it causes a violent coughing, it is necessary to keep in a warm room till the tenderness of the lungs is gone off, otherwise, except in the case of fever, it is not requisite to be kept to the house, but to attend to the diet, warm suppers at night, &c. which we shall mention elsewhere.

Fevers and colds become heightened by the continuing to eat animal foods, rich sauces, and drinking of wines and spirits, which are designed to support animal strength, and furnish the body with activity and fire, for exercise, pleasure, or business ; and now, instead of being wholesome and friendly to the constitution, become its enemy, and nourish fever and inflammation. For this reason the All-wise Creator has deprived us of appetite in fevers, and rendered food loathsome

loathsome to the sight; the cooling fruits and vegetables, and preparations of them, possess more nourishing properties than is commonly believed; these were the physic of the primitive physicians, and many of the moderns who are the greatest ornaments to this country, perform the greatest cures by a judicious adoption of them. Boiled turnips, roasted apples, asparagus, falfafy, scorzenera, lettuces, colliflowers, brocoli, &c. possess many saponaceous, cooling, and antifebrile principles, which correct the blood and juices, dissolve obstructions, and will do *more in eradicating the scurvy, and other foulnesses of blood of that nature, than all your Norton's Drops, Frankfort Pills, Mercurials, Antimonial, &c. in the nation, and that perfectly innocent, which we wish we could say was always the case with those just mentioned.

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• At some future period, we propose to offer to the public, some observations on many neglected efficacious simples of this kingdom; for, while we are traversing from pole to pole, in search of new medicaments, we are neglecting many very valuable ones at home. We could wish such an essay from a more able pen, but perhaps the attempts of the *little* may excite the efforts of the *great*.

The above kinds of nourishment, together with a plentiful dilution of soft drinks, involve the floating acrimony, and lessen the spasmodic affection, and tend to promote perspiration. small wine or lemon or vinegar wheys, amazingly contribute to this end ; if they are made too strong of wine, or spirits of hartshorn, &c. they heat and stimulate, and have a very contrary effect to what was intended, the patient is hot, burns, and is restless, instead of having a moist skin and a refreshing and balmy sleep.

Bathing the feet in luke-warm water, or bran and water, that is a little hotter than milk just taken from the cow, at going to bed, is an excellent simple mean of producing a regular circulation, and gentle perspiration. Great caution is necessary here, not to get fresh cold ; the feet should be carefully and speedily wiped dry, and afterwards wrapped up in a warm dry flannel, and the patient to go immediately into a warm bed. If the water is too hot, it proves a great stimulus, and does injury, and if cold, can do no good. It is no uncommon thing for persons that drink gruel, and other warm liquids, to promote perspiration that they take them before they undress, by which means, if it happen to be cold weather, they get fresh cold in undressing,

for

for the warm drinks make them often break out into a sweat, which becomes check'd before the patient gets into bed. We would therefore advise them to be taken after the patient is in bed, and then for him to lie down immediately, and to keep still and quiet for some time, and no doubt but the expectation will be gratified.

If the patient has a cold, attended with stuffing of the nose, a cough, and hoarseness, let him receive the steam or vapour of a large pan of warm water, wherein a few camomile flowers, or elder, or rosemary, have been boiled; this steam should come in contact with the whole head, and face, and be continued for a full quarter of an hour, or more, and should be kept hot by fresh supplies of hot water being put into the pan; the whole should be covered with a flannel, or some other warm cloathing, to prevent cold air coming at the same time, and, after this process is over, the same care is necessary to keep the perspiration from being checked; the patient should breath through a handkerchief, that the cold air may be first warmed, before it gets to the lungs; if the complaint is only about the head and throat, and no cough attends, a

little vinegar added to the other ingredients may be of use. The bathing the feet does neither preclude the warm drinks or this remedy being made use of.

If the cough is the most troublesome complaint, besides the means just mentioned, the patient must be perpetually taking soft, mucilaginous drinks, prepared by the boiling of quince-seeds in water, and sweetened with honey, or sugar-candy, to the palate; or linseed-tea; a decoction of barley, figs, and raisins, &c. A tea-spoonful of Purgoric Elixir; or syrup of white Poppies, in half a pint of either of them, may be taken by spoonfuls; which will sheath the passage to the lungs, and quiet the cough; currant jelly, and some of the soft marmalades, contribute to the same end; rob of elder, is a most excellent medicine for this purpose, and is aperient, sudorific, and cooling, is preferable to spermaceti, and oily medicines, in general. But as oils and spermaceti have sometimes their use, we would recommend them not to be taken in large quantities, as they are too often done, because they turn rancid upon the stomach; when they are thought proper, the following smooth emulsion is thought excellently good, as thus:

Take

Take of barley water, six ounces by measure, white sugar, and powder of gum arabic, of each three drams, incorporate the sugar and gum arabic together in a mortar, with a small quantity of the water, and gradually mix one ounce of fresh and sweet oil of almonds, linseed, or oil of olives, and then by little at a time, add the rest of the water, and it will be a soft white emulsion.

If opiates are proper, half an ounce of syrup of white poppies, or paregoric elixir, may be added, which will be shewn when we come to speak of opiates. A dram or two of spermaceti carefully mixed with the same quantity of gum arabic, after the same manner, may be prepared into an emulsion, and is better then dissolving it with an egg, and not so apt to turn rancid. An excellent emulsion may be prepared of white poppy-seeds, or blanched sweet almonds, which will not only serve as such, but is nutritious and cooling, and very good in fevers of the inflammatory kind, the which is prepared thus:

Take of almonds blanched fresh and sound, or of white poppy-seeds, two ounces, beat them in a marble mortar with the same quantity of sugar,

sugar, till they are smooth, adding a small quantity of water to facilitate that purpose, a quart of Bristol, or pure water, or barley water, may be added to these ingredients, and strain it through a muslin rag or fine sieve, and then it is fit for use; if it is required to be more mucilaginous, an ounce of gum arabic may be dissolved in it; half a pint taken a little warm now and then wonderfully sheaths the sharp mucus, and dilutes the acrimonious juices in the first passages.

We have already spoken of one species of inhalation, viz. the vapour from a pan of water and camomile flowers, but to answer a different purpose than what we are now going to advise another. The great Boerhaave, Baron Van Swieten, and the late Sir John Pringle, very strongly recommended the receiving of warm vapours to the lungs, in coughs and complaints of that organ; our experience if of any weight, after such authorities, fully admit the fact and confirm the veracity and usefulness of them. Mr. Mudge, a very ingenious surgeon at Plymouth, has lately published a book, describing a machine which conveys the vapour very commodiously to the lungs, which he calls an Inhaler, wherein

wherein he declares, that the use of a tea spoon-ful of pægoric elixir, taken at bed-time in some warm liquid, and the use of the warm vapour of simple water through his machine, will cure a catarrhus cough in a night's time. The public are much indebted to Mr. Mudge for his ingenious invention, but many of the poorer sort of people cannot afford to pay half a Guinea for it, a price certainly extravagant for so simple a machine; we could wish the poor to receive the advantages of health equal with the rich, and the means of becoming so, when they unhappily want it.

Every cough, whether moist or dry, attended with or without inflammation, receives benefit from the use of the inhaler, as also pleuritis, fore-throats, asthmas, and in every affection of the chest, except in spitting of blood. Mr. Mudge recommends the vapour of warm water only, but we believe that many different herbs, boiled in water, would furnish certain useful virtues to particular cases. Indeed Sir John Pringle says in his diseases of the army, that Dr. Huck, now Dr. Richard Saunders (a name as respectable as any among those who practice physic) had found great benefit from the addition of a little vinegar, where tough phlegm abounded. Nothing

Nothing can more strongly recommend the act of inhalation than the following quotation from the very eminent Dr. Huxham, and as it confirms and supports our opinions, as to this and some other parts of our treatment, we beg leave to give it to our readers, in its full length as follows :

“ But nothing more effectually promotes ex-
 “ pectoration, (by attenuating and resolving the
 “ impacted matter) than drinking freely and
 “ frequently of cooling, relaxing and gently
 “ saponaceous liquours ; such as thin whey, the
 “ barley ptisan, with liquorice, figs, &c. the
 “ decoction, or rather infusion, of the pectoral
 “ herbs, as ground-ivy, maiden-hair, colt’s-
 “ foot, hyssop, &c. these should be gently aci-
 “ dulated with juice of lemon, or Seville-
 “ oranges ; if any thing more detergent in the
 “ above drinks is wanted, honey may be added,
 “ an admirable natural cordial soap, thrown
 “ almost out of the modern *Materia Medica*,
 “ I know not why, nor how, for where it gripes
 “ or purges one, it agrees with a thousand,
 “ and even its griping and purging quality
 “ may be easily corrected by boiling. Hip-
 “ pocrates used oxymel and mulsam in such
 “ cases, and advised against drinking mere
 “ water, in pulmonic cases, as neither good
 “ for

“ for the cough, nor to promote expectorati-
 “ on ;—any of all these things by turns drank
 “ warm, answer the above intencion exceedingly
 “ well, if taken in frequent but small quanti-
 “ ties, sipping them as it were perpetually; for
 “ by this means much of the relaxing and re-
 “ solving vapour is also drawn into the lungs,
 “ and much of them absorbed by their imbi-
 “ bing vessels, so that the relaxing and diluting
 “ is thus carried on in a double manner, and
 “ of course very effectually. Very large
 “ draughts should not be taken at once; for
 “ they overcharge the stomach, produce indi-
 “ gestion and flatulence, and force up the mid-
 “ riff too much, which greatly embarrasses the
 “ respiration; therefore Hippocrates advises
 “ to drink, in those diseases, out of a cup with a
 “ narrow mouth, probably both that the liquor
 “ and vapour might be preserved warm longer
 “ and that less might be drank at a time, and
 “ also that the steam might be more copiously
 “ carried into the mouth and nose.—Many
 “ kinds of drink he advises for this purpose,
 “ but particularly recommends barley-water,
 “ honey and water, oxymel and vinegar and
 “ water.”

From

From hence it appears that warm vapour is considered to be of signal benefit; but we would not recommend any other in simple coughs or colds, than the vapour from water in which have been boiled camomile, or elder-flowers, milk and water, marsh-mallow tea, or some such simple things. There is a liquid advertised, called Stern's *Æther*, which we think too irritating for the case we now recommend. For the great intention of inhaling, is to relax the rigid or irritable membrane that lines the trachea, or passage to the lungs, to sheath the parts that are excoriated by the sharp mucus, or to lessen the sharpness of that mucus, and cause it to be more easily spit away.

The cold air should be carefully prevented from coming to the lungs after having inhaled; it is better done in bed than up for this reason, and because it generally promotes perspiration. In trying to do good we should be careful to avoid every thing that may prove injurious.

If a cold be at all severe, nothing can so soon contribute to lessen that severity, and prevent a fever, as gentle purging; we prefer the mild simple things, to such as are more active and violent, for it is not the very great number of
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of motions that are procured, that gives the expected relief, as the stronger purges hurry through the bowels, and do not carry the irritating causes out of the body, nor do they tend to cool the blood and juices, and thereby prevent both fever and inflammation, which is the material object we should have in view. Manna, and Glauber's salt, cream of tartar, tamarinds, rhubarb, and sal polychrest, lenitive electary, or indeed any other gentle cooling means, which the patient has been accustomed to use, will be right to have continued. The following mixture is very well calculated for this end, and will agree with most constitutions :

Take of Epsom, Glauber, or Rochel salt, one ounce, boiling water, or simple pepper-mint-water, four ounces, tincture of rhubarb, or of fenna, one ounce and half; mix. Half or a third of the whole may be taken in the morning, and repeated once in two hours till a motion or two are procured. An ounce of manna may be added to it, if the patient pleases. As a person, hard to purge, can take the whole of the above mixture, it must be properly proportioned to such as are more easily moved.

Such as cannot take a liquid, may use the following pills, and dilute with barley-water, warm tea, or water-gruel.

Take of rhubarb in fine powder, sal polychrest, of each one scruple, calx of antimony unwashed ten grains, of syrup of buckthorn a sufficient quantity to make eight pills, four of which may be taken at night, and the rest in the morning, if no effect is produced before; if these should not be found quick enough, for any particular constitution, a few grains of extract of Jallap may be added.

Of such as are used to take an electary, cream of tartar, and lenitive electary, mixed together, will often answer the purpose; a teaspoonful taken night and morning, so as to procure two motions a day is very sufficient.

After the body has been sufficiently opened, (or indeed before, if the symptoms are pressing) that is, if there be much fever, pains in the limbs, head, or back, the cough hard and troublesome, or there be any darting pains in the chest, or under the breast-bone, or if the muscles of the belly be made sore by the perpetual coughing, bleeding is absolutely necessary,

necessary, for these pains denote inflammation having seized some part, and as nothing stops the progress of inflammation so much as bleeding, from six to ten ounces of blood, may be taken away immediately; a few ounces taken away *now*, may prevent the repetition of the operation very many times, if this period is missed, and the inflammation suffered to go on for the want of it. You will perpetually hear of danger arising from bleeding, of producing agues, or that it is not right to bleed in cold weather, or some other simple reasons given why the operation should not be performed. Wherever there is a tendency to inflammation, and particularly in the lungs, none that are in their senses will hesitate to take blood away. Suppose you are nervous, gouty, or low, (terms that are very vague and uncertain, and often mislead) a few ounces of blood will not do great harm, but the omission may; the quantity must be proportioned to the necessity, age, and strength of the patient, and to the manner in which he has been used to live; for one would not bleed a delicate person, and one who lives regular, in the same quantity as those who live freely, and are more robust.

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The great fault is, that bleeding, like other means, neglected too long before it is performed, loses much of its power; for when mischief has taken place, the disease will have its regular course, and twenty repetitions will not have so salutary an effect, or be able to reduce the inflammatory state of the blood, as one timely one would in the beginning. A few ounces of blood in coughs may generally with safety be lost; but a repetition requires able advice to direct properly.

After a proper regimen has been observed, the body been opened, and a few ounces of blood taken away, if the cold should not have been attended to in time, or not get any better with the above mentioned treatment, antimonials, given in mild doses, very much contributes to relax the skin, open the pores, and remove fever and inflammation; and indeed it requires all those very often to remove bad colds.

In administering antimonials, we are not prejudiced in favour of any particular preparation, whether antimonial wine, kermes mineral, emetic tartar, or Dr. James's powder; we think indeed that all the virtues of antimony, may be received

received from emetic tartar, or kermes mineral, the former in doses of a quarter of a grain, to half a grain, given once in three, four, or six hours, in any vehicle; and the latter, from one to three grains in the same distance of time as they may be found to operate; a nausea, or sickness, being produced, and succeeded by sweat, or a few gentle motions, or both, is the operation we would wish, but not violence, for persons often encrease their colds, from being obliged to get out of bed frequently, when in a profuse perspiration, from the violence of the antimonial; indeed, when there is much bile in the first passages, it serves to encrease that violence. The opening the body with our mild purge, previous to the administering antimony, prevents this taking place.

In twelve hours, fever and cold will often be carried off by a prudent use of antimonials; but bleeding and purging should precede its use. If Dr. James's powder be preferred, from three to five grains, may be given every three, four, or six hours, as was before advised. The patient does not reap benefit from being ruffled by it; and persons full of blood, and those that are weakly, receive much injury from this cause, and we fear that the indiscriminate
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and officious use that is made of it, does much harm; the more mildly and regularly it operates, the better and safer; that is, by gentle sickness, sweating, urine, or stool, or all together moderately.

One caution we think necessary to be observed by those who give James's powder, according to the directions in the packets, or papers, which are sold. Always to weigh the same with nicety which they mean to give, and never to trust to the quantity which their paper states it to have.

They profess to contain, in each paper, twenty grains and a fraction, but the Author has weighed them often, and found some to contain twenty-nine grains in each single paper, and in others, fourteen grains only; and any candid person may easily judge the mischief that may be done by seven or eight grains, given to weakly persons, when five were only intended; and what delay, and of course injury, must accrue to others, in giving and depending upon the operation of five grains, when three, or three grains and a quarter, had only been taken. It is a medicine of great power, and great virtue, given properly; but in these uncertain

tain doses, and when not properly adapted to each particular case and constitution, is capable of proving mischievous. The public have a right to exactness from the proprietors of the powder, considering how well they are paid for it, and that the health and lives of his Majesty's subjects are at stake.

If the body and skin should be very hot, and feverish, five or six grains of nitre, in barley-water, or the almond emulsion, will lessen the heat and not interfere with the antimonials, when taken between the hours of taking the antimony.

The following mixture is one of the best general medicines to cure fevers in most constitutions as perhaps can be prescribed, and possesses no quality likely to do harm, a circumstance which the author would wish a prescriber to have always in view.

Take of the fresh juice of lemons, three ounces, salt of wormwood, two drachms, emetic tartar, one grain, simple spear-mint-water, five ounces, sugar as much as may be palatable. The whole of this mixture, will make four doses, for an adult person, and may be taken at the distance of four, five, or six hours between

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each dose; younger persons may take two spoonfuls at the same distances of time, as may be found necessary; but we would advise people not to trust to this, or to any general medicine too long, for fear some symptom, attending particular cases and constitutions, should indicate some other mode of treatment, and which none but the experienced can distinguish or discover.

Dr. Buchan has very strongly recommended a plaster of Burgundy pitch, to be applied to the back for an obstinate cough; we have known it of service, but a blister is often as little troublesome and more speedily beneficial. Where a blister is objected to, use the other, but depend not on externals only of any kind.

Opiates are often given in troublesome coughs; we are of opinion that they ought not to precede bleeding and purging, especially if there be the least fever or inflammation; Dr. Fothergill held this opinion, where the breast and lungs are much agitated by coughing, rest ought to be procured; but as opiates encrease the heat of the body, and lessen its powers, they should be given with caution. A tea spoonful of paregoric elixir, or syrup of white poppies, in any of the emulsions, or mucilaginous drinks,

as was before observed, and taken at going to bed, will certainly do no harm, and will tend to quit the cough and procure sleep.

Farther with medicine we mean not to go, nor even quite so far, if violent symptoms come on, without calling in good advice, as we have all along intimated; but as so many people have a propensity to *Quackery*, we would wish them to do it with as little mischief as possible, and as near the regular practice as may be, and for this reason, we have held out to them, safe and mild remedies, with cautious rules for administering them, and we doubt not but if they are given properly, that they will have the desired end.

We think it our duty, after having given some directions to remove colds, and prevent them becoming dangerous, to offer a few remarks, whereby colds may be prevented, and constitutions, subject to catch them, rendered less liable to do so, and make the weakly to become strong—and the strong more vigorous.

In a variable climate like ours much will depend upon regularity in living, and the mode of dressing agreeably to the season of the year, and severity of the weather. In England, we

are very neglectful in this particular, but we must admit that a great deal depends upon custom begun early in life, and regularly continued. Very weakly constitutions may be very much improved, and strengthened, by training them gradually to bear the vicissitudes of this changeable atmosphere, and make them become what is called *hardy*; but we have seen this very often carried too far; the vigour of the body as well as the mind, in some constitutions, may be very largely encreased, whilst in others, if you press it beyond a certain *pitch* you injure both. Parents, who have these objects in view, would do well to consider the natural strength both of body and mind, and to bend the bough very gradually; otherwise, they will often break it in the attempt. So it is in persons that are ill, or recovering from sickness; when the body is in good health, it may be made, by degrees, to bear almost every change without inconvenience, but whilst disease, or its effects, remain upon them, the most trifling innovation in diet, cloathing, &c. is not without hazard of danger.

Nothing, perhaps, contributes more to strengthen the constitution, and render the body less

less liable to catch cold, than bathing in the Cold Bath, or in the Sea. Yet this should never be used whilst the patient has a cough or cold upon him, but if it is begun in relaxed or weakly constitutions, or such as are called nervous, colds and their consequences will be prevented. It may be used twice or thrice a week.

Next to cold bathing, warm cloathing demands our attention, which were commend to be sufficiently worn, to prevent the keen blasts of the north and north-east winds from blowing off the perspiration from our bodies, and thereby closing the pores of the skin, and producing colds, rheumatisms, fevers, &c.

Moisture is also very injurious to the body, but moisture and cold applied together, are more powerfully bad, than either of them alone. Therefore, what can cold and moisture be resisted so well by, as warm cloathing? that is, warm stockings, and shoes; and such as are accustomed to have winter coughs, asthmas, sore throats, &c. will find a thin flannel waistcoat, worn next to the skin under the shirt, to be one of the best preventatives known; and we are surprized to find the judicious Buchan object to flannel.

No body of men enjoy better health than coachmen and chairmen, who go through every vicissitude of weather, and we attribute it to their going so warmly cloathed as they do; and their health would be still more permanent, if they had not a bad custom of drinking warm purl, and other warm drinks, and immediately after going into the cold air; whereas a glass of any spirits, or a pint of cold strong beer, fortify the body against cold much more, because the warm drinks open the pores, and the cold ones do not.

We are sorry to see so many absurd fashions invented for my fair country-women, fraught with so much danger to their health, and of course to their beauty. If they are to wear great hoops, short stays, and petty coats up to their knees, they require warm flannel drawers, and warm under coverings to keep them from the influence of cold. It is a matter of some surprise, that delicate as they really are, more mischief does not accrue from such modes of dressing. In a morning, they are wrapped up, with close warm gowns, and the face, neck, and chest, carefully guarded from cold by a warm cap and handkerchief;

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chief; and in the evening, are seen half naked in the street, the play-house, or in a cold coach. Or, perhaps, after sitting in a warm room, heated with large fires, a number of candles, and full of people for three hours together, then, all on a sudden they walk through a cold airy gallery, and winding stairs, with currents of wind blowing up; and afterwards be driven a mile or two in a cold coach, through a pinching frost, or damp midnight air.

Our young men are equally careless in conducting themselves in the same things, as well as in their cloathing, one minute they are in a hot crouded play-house, and the next exposed to the cold piercing eddies, and great currents of air that are felt round the Garden, the larger streets, and St. Paul's; and so indiscreet is pride, that you seldom see them in a great coat when they are dressed for the evening, although they have been wearing it almost the whole day before.

Our young citizens are particularly regardless of this circumstance; one part of the day they are in a close warm accompting house, and in the evening with light thin cloaths, with the breast open, and perhaps under a course of mercury.

cury. Mercury is injurious to the body, when, troubled with a cold, and it is dangerous to be exposed to wet and cold during the time it is taken, as it contributes to the catching cold by its debilitating powers.

We could wish the morals of the people were such as not to require its so frequent exhibition; but as we cannot be expected to reform the age, we think it our duty to recommend warm cloathing, whilst they are requiring its specific virtues, that it may not do more injury than good.

Too warm cloathing relaxes and debilitates the body, and promotes too plentiful perspiration; a medium is therefore to be observed, but a want of that which is proper, is attended with more serious mischief than by too warm a cloathing, if it be not imprudently thrown by suddenly.

Children, that are subject to gripes, convulsions, coughs, &c. should always wear warm stockings; these, and many of their complaints, arise, from their tender limbs being chilled, by the severe cold of our winters, and their legs and feet

feet not being covered at all—A pernicious custom!

To conclude, if every person that finds himself afflicted with a cold, would take the trouble to read this pamphlet with attention, so as to understand its contents well, and not to cursorily catch one part, without attending to the other; and afterwards carefully to apply the means here recommended, we flatter ourselves, without presumption, that the complaint would soon be removed, and the patient, instead of languishing many months of a consumption, in consequence of having neglected this care, would enjoy good health, and vigour in its place. Was this to be attended to in general, it would soon put an end to the disputes of the learned, whether our *births*, or our *burials*, exceed each other; by the great numbers of subjects it would save to the state, and shew foreigners, that consumptions are rarely, if ever contagious in *England*, and by no means so common as they are in Spain, Portugal, and Italy. The great contagion here is, *carelessness of colds in their origin**, and which

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* The Winter is just now set in, and colds begin to be very common, and we are sorry to say with the usual

we hope to see lessened every day. It is our most anxious wish, and if we have the pleasure to hear, that but one parent saved his darling son, or one son an affectionate and tender parent, through our directions, we shall have a rich reward; and it will confirm us in an old favourite motto, that "NO LIFE IS SO PLEASING TO GOD, AS THAT, WHICH IS USEFUL TO MANKIND."

usual want of care, but we are well satisfied that if our directions are but attended to in time, many thousand persons will be alive, to the comfort of themselves and families, who, otherwise it is to be feared will, before this day twelve months, be numbered with the dead.

F I N I S.

